

# St Brendan's

CATHOLIC PRIMARY SCHOOL

Term 2 Week 2 – 24<sup>th</sup> April 2024



*This week, as we acknowledge Anzac Day, we recognise the more than 1.5 million service men and women who have served our country in all conflicts, wars and peacekeeping operations. We honour their legacy and the values they upheld. Let us teach our children the importance of remembrance and gratitude. Let us teach them to honour those who work tirelessly to prevent war, promote understanding and foster cooperation between nations.*



**GROWING THROUGH SERVICE**

Dear Parents,

Welcome to Term 2. Our term has begun very well, with the children settling into their learning and participating in a number of events including a District Sports Soccer/Cricket Gala day and the Reconciliation Commitment Mass. Thank you to the families who attended the farewell mass for Peter Hayes on Sunday. It was a lovely celebration and tribute to the contributions Peter made to the St Brendan's Community.

On the first day back the children participated in a fantastic AFL footy clinic and visit from players from the North Melbourne Football Club. The children worked on a variety of footy skills and had the opportunity to ask the players some questions. Thanks to Mr Will for coordinating the clinic. If your child is interested in Auskick please refer to the details in the advertisement below.



Next week the Year 4-6 children will attend camp at Campaspie Downs Camp. We know they will have a wonderful time with their friends and teachers. The Year 3 children will make their Reconciliation on Wednesday 8<sup>th</sup> May at 5pm. Please remember them in your prayers.

As you were made aware in the letter that was distributed on Monday, from May 6<sup>th</sup> 2024 our classes will be as follows: **P/1 2/3 3/4 5/6**. I personally want to thank the teaching staff and the parents whose children are

moving class for their support and flexibility in reaching this decision. Being able to respond so swiftly and effectively to the needs of our children is testament to our commitment to the children's best interests.

Our P&F have been working tirelessly to fundraise for the purchase of instruments to support our fabulous music program.

Our **Colour Fun Run** will be held next Tuesday 30<sup>th</sup> April. **All families are invited to join us at Debney Park from 12-2.15pm. Bring your running shoes!!!**

Thank you to all of the parents who have registered to assist on the day and to those who will partake in the Parent Helper Course next week. It is fantastic to see so many of you interested in assisting in many ways across the school.



The past few weeks have seen a number of highly distressing events happening in Australia and across the world. It is crucial that as parents and educators we do all we can to protect our children from distressing content via online supervision, parental controls, setting clear boundaries and engaging in open conversations about online behaviour and internet safety. The eSafety Commissioner website has many helpful resources to assist in this space. Please refer to:

[Distressing or violent content | How to get help | eSafety Commissioner](#)  
[I saw something online I didn't like | eSafety Commissioner](#)

**We would also like to wish all of our Orthodox families a blessed Easter for Sunday 5<sup>th</sup> May.**



Have a wonderful fortnight,

Warm Regards,

Kellie Noonan

### [Preparing for Camp:](#)

School camp is an awesome experience for most kids. It's a fantastic opportunity for children to develop new skills, friendships and take part in outdoor learning experiences and hands-on activities they may not have tried before. However, for some children (and their parents) the thought of staying away from the comfort zone of home overnight can create a little anxiety.

Just like anything new, overnight trips present a series of unknowns. These can range from concerns around their safety to social concerns about fitting in, as well as practical concerns, like whether they will remember everything, lose or break stuff, or pack the right things.

If you've been tasked with preparing your child for an upcoming school camp, don't worry. Our top tips below will help you and your child feel confident about the trip so they can have a great time.

### [Tips for school camp success](#)

#### [1. Share your own experiences](#)

The main goal for parents should be to focus on the positives. Talk to them about what you remember from your own school camps and all the things that made them such a great experience. It's a great way to connect with your kids and build some excitement. You can also explain to them how you overcame your own challenges.

It's okay to talk about experiences that didn't turn out too well. Just make sure you emphasise the learning that came out of it. Encourage your child to see these few days or the week away as an opportunity to see new things as an adventure.

## **2. Talk to the teacher if you have concerns**

If your child is extremely nervous about going away, has special dietary requirements or needs assistance with anything, they may feel too anxious to tell someone about it because they don't want to get into trouble or bother anyone.

If this is the case, make sure you talk to the teacher before they head off to camp. As parents, you know what your child can and cannot handle and the teacher will appreciate the extra information. They will most likely also keep a closer eye on your child.

## **3. Prepare and pack together**

Schools issue their gear lists early so if you need to borrow or buy anything, you should have plenty of time to get it sorted. Make sure to involve your child in the sorting, labelling and packing of the gear so they know exactly what they are bringing and need to bring back, especially if you have bought or borrowed items they're not familiar with.

Take another look at the planned activities. Anything to do with water means they'll need extra clothing, including footwear and spare undies. The weather can change at any time and layers work best for regulating body temperatures in the outdoors.

Thermals, rain and windproof jackets, a warm hat and plenty of socks are essential, but leave their favourite clothes and those cool new shoes at home no matter the protest. It's highly likely they'll go missing or come back dirty beyond belief.

Dry sacks are great for dirty and wet gear. You really don't want their wet stuff mixed with the rest of the items in the bag. Check that the sleeping bag is suitable for the environment they'll be in and let your child know that wearing a pair of socks to bed is a good idea if they feel cold at night.

Try to fit everything in one or two bags, they only have two hands and will need to carry everything. Finally, give your child the

responsibility of checking that they have all the required equipment packed, labelled and ready to go.

## **4. Have a homesickness chat**

If you've experienced separation anxiety with your child before or if your child tells you they are worried that they'll miss home too much, explain that having those feelings is normal and that it's okay. Again, focus on the positives.

Talk to them about all the fun things they'll be doing, like surfing or trying archery, as they know the experience will be fun and help them build confidence. Tell them that missing home is a feeling that everyone deals with at some point. Homesickness is a normal feeling and nothing to be ashamed or scared of. Encourage them to find a friend or teacher to confide in if they start to feel uneasy while away. If there is a certain item at home that helps your child relax and sleep better, let them take it with them as it may help put them at ease. Lastly, tell them you're proud of them, and that you're sure they are going to have a great time at camp.

## **5. Have a homesickness chat**

Try to relax until your tired child returns with a pile of washing. Trust in the fact that the teachers and instructors at camp will take good care of them. When you pick your child up from the bus after camp, give them a giant hug no matter what. Even if they hated camp, they survived it.

They will probably be overtired, a little smelly and hyped up but let them know that you've missed them and that you're proud of them. If they don't feel like talking about it straight away, leave them be. They are probably exhausted, and the stories will come after a good meal and a big, long sleep.

Encourage them to find a friend or teacher to confide in if they start to feel uneasy while away. If there is a certain item at home that helps your child relax and sleep better, let them take it with them as it may help put them at ease. Lastly, tell them you're proud of them, and that you're sure they are going to have a great time at camp.

	COMING SOON...
Thursday April 25	<ul style="list-style-type: none"> <li>ANZAC DAY PUBLIC HOLIDAY</li> </ul>
Friday April 26	<ul style="list-style-type: none"> <li>School Closure Day - NO SCHOOL ON THIS DAY</li> </ul>
Saturday April 27	<ul style="list-style-type: none"> <li>Lego Club</li> </ul>
Tuesday April 30	<ul style="list-style-type: none"> <li>School Fun Run Fundraiser</li> <li>Last SUNSMART day for compulsory hats</li> </ul>
Wed 1- Fri 3 May	<ul style="list-style-type: none"> <li>School Camp @ Campaspie Downs - Years 4-6</li> <li>No ASSEMBLY</li> </ul>
Tuesday 7 May	<ul style="list-style-type: none"> <li>Whole School Mass - 9.15am - Parents/Carers Welcome</li> </ul>
Saturday 11 May	<ul style="list-style-type: none"> <li>Lego Club</li> </ul>
Wednesday 8 May	<ul style="list-style-type: none"> <li>Sacrament of Reconciliation - 5pm</li> </ul>
Friday 10 May	<ul style="list-style-type: none"> <li>Mother's Day Stall and events</li> <li>Assembly Presented by Year 2/3</li> </ul>
Sunday 12th May	<ul style="list-style-type: none"> <li>Mother's Day</li> </ul>
Thursday 16 <sup>th</sup> May	<ul style="list-style-type: none"> <li>St Brendan's Feast Day School Celebration</li> </ul>
Sunday 19th May	<ul style="list-style-type: none"> <li>ST BRENDAN'S DAY Mass and morning tea</li> </ul>

## REMINDERS

CAMP - Please ensure that the children bring enough warm clothes for camp. Everyone needs to have waterproof shoes and

Winter uniform from Week 3.

Hats are not compulsory outside from May 1<sup>st</sup>.


School Fun Run – Tuesday 30<sup>th</sup> April at Debney's Park

## Prep Enrolments 2025

If you or anyone you know wishes to enrol a child for Prep in 2025 the due date for 2025 Prep applications is 31st May 2024. Enrolment interviews will be held throughout June. Letters of offer will be sent by the end of June.


**New - FREE Pre-Prep Literacy and Maths Program starting Friday May 3rd 2024 9.15-10.45am**

**TELL YOUR FRIENDS!!!**



### St Brendan's School Flemington

**Learningland**  
Little Treasures



**NEW FREE PROGRAM for local 4-6 year old children!** Come join the fun and help prepare your pre-school child for Prep!

We are offering a 1.5 hour session for 4-6 year olds focusing on stories, vocabulary, letters and sounds, common sight words, pencil grip and letter formation, and simple maths, including numbers and shapes.

The program will be run by two qualified and experienced early childhood and primary trained teachers who will focus on developing skills, as well as confidence and self esteem, leading to a smooth transition to school.

**Where:** St Brendan's School, 83-99 Wellington Street Flemington  
**When:** Friday mornings 9:15am-10:45am (beginning Friday 3rd May, 2024)  
**Cost:** Free for children who live in Flemington and surrounding suburbs  
**What to bring:** Water bottle and snack

**LIMITED POSITIONS AVAILABLE**

**How to register for the term:**  
Simply email your details and your child's name and age to [admin@sbflmington.catholic.edu.au](mailto:admin@sbflmington.catholic.edu.au) or call 9376 0249  
Come along to your first session with proof of address. Fill in a registration form. Settle your child in and head off for a coffee or a bit of shopping!

## World Autism Month



### To our community,

As April unfolds, so does an important awareness month: World Autism Month. It's a time when we shine a light on the strengths, challenges, and unique perspectives of individuals on the autism spectrum. Here at St. Brendan's, we embrace this opportunity to celebrate diversity in all its forms.

Autism is a spectrum, and each individual brings their own set of talents, interests, and abilities to our community. At St. Brendan's, we recognise and honor this diversity every day. Our inclusive environment fosters understanding, empathy, and support for all members of our community, regardless of their neurodiversity.

As we embark on this journey of awareness and acceptance, let's celebrate the richness of our diverse community. Together, we can create a world where everyone feels a sense of belonging and where differences are celebrated in April and every day.

Warm regards,

Sonya Bambrick-Learning Diversity Leader  
Gabi Terry-Students Wellbeing Leader



## Well Being with Ms Gabi

Dear Families,

It's Ms Gabi and together we are going to work on helping our children "Find their Calm". I want nothing more than to help you create happier days and kids. I know you all want your children to grow up to be calm, confident and compassionate. Who are these little angels that can go from 0-100 for seemingly NO reason at all? Here's the thing... we are the captains of our homes and helping our children manage big emotions is a learning journey for us all.

So, here are a few tips to begin.

Best wishes for a great week,

Ms Gabi

## CALM DOWN PLAN

12 STRATEGIES TO HELP RAISE CALM KIDS AND TEACH  
EMOTIONAL REGULATION

### Strategy 1

## DON'T OVERSCHEDULE

Are you guilty of jam-packing too much into the day? Perhaps you need to space out activities or erase some of the unnecessary things from the schedule. Many kids struggle with transitions, and overflowing schedules can leave them feeling overwhelmed and exhausted, which means they won't harness their energy positively!

We as adults are often guilty of feeling like our kids need to be entertained in some manner during every part of every day. Kids need downtime, just like we need rest. They need to chill, pretend play, be silly, and just, well — be kids.

So reconsider whether it's a good idea to have a soccer game back-to-back with a music lesson, or a math quiz back-to-back with a reading test. Are your expectations sky-high for the age of your kids? Research suggests that downtime is needed for every 45 minutes of mental activity. A break is needed at the time interval of twice their age. So if your kids are six, a break is needed every twelve minutes.

### Transitions Strategies

- Give warnings before switching activities.
- Use routine charts and timers.
- Make transitions fun and upbeat (master the magic art of distraction). Perhaps flutter like butterflies to gym class or hop like kangaroos to the car.
- Offer sensory breaks.
- Be consistent and stay calm.
- Always offer choices.
- Give praise and avoid threats.
- Use brain break cards to provide a fun and quick activity during transitions.

## GREAT PARENTING WORKSHOP FOR YOU TO CONSIDER



**Maria Ruberto**  
MAAPI, MIAAN, MANS, CREC DRIVEN  
Psychologist  
Salutegenics Director

Maria Ruberto's work is dynamic, interactive and spirited. Her application of psychology is anchored by research in neuroscience and brain function – and framed by the science of optimism.

A psychologist with 30 years of clinical and industry experience, Maria delivers practical workshops and professional education to forward thinking organisations.

Maria is focused on increasing the capacity and performance of individuals and teams who rely on highly tuned relationships and emotional intelligence to achieve professional, organisational and client success.

Positive health activates wellbeing and success follows authenticity.

Maria teaches Leaders, CEO's, Senior Executives, HR, Sales and Marketing professionals to open their lives, apply optimistic tools and activate positive affectivity within a meaningful and fulfilling context.

Research demonstrates that developing personal skills and internal resources in Affective Functioning and Strengths-Building significantly increases human wellness, a critical advantage for organisations pursuing customer fulfilment, team engagement and work- life balance in the face of increasing demands and pressures to perform.

Maria is equally established in delivering public workshops and is in high demand as a keynote speaker and consultant with corporate, not-for-profit, education and health organisations.\*

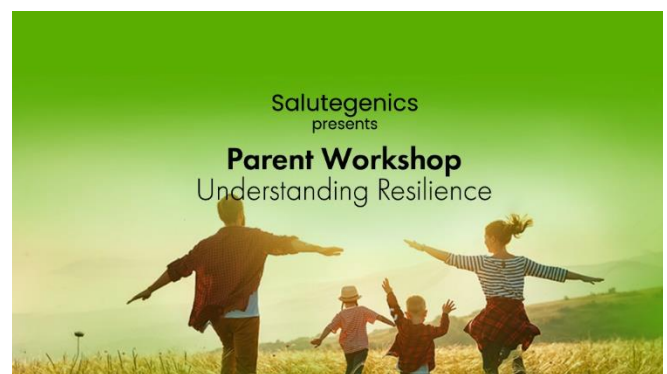
Maria is the co-designer and a national registered Master Trainer for RFA. RFA is a two full day certification program to teach the neuroscience

of resilience. The training proactively teaches the building blocks of mental fitness through the 6 domains of resilience, using strengths-based language to meaningfully connect and respond when someone is struggling. It applies the ALL protocol that models hope and optimism in our daily lives.

Please click onto the link for further information.  
[home.hellodriven.com/resilience-training/programs/resilience-first-aid/](https://home.hellodriven.com/resilience-training/programs/resilience-first-aid/)

Maria is also a national registered trainer for Youth Mental Health First Aid. MHFA is a two full day training program that teaches specific categories of mental ill-health like depression, anxiety, eating disorders, substance misuse, psychosis and how to deal with crises in young people. She has delivered the training widely with different audiences ranging from teachers, leaders, community workers, parents and allied health professionals.

\* Maria has worked extensively for 10 years within the areas of Educational Leadership, Trauma Response and statewide initiatives relating to Student Wellbeing with the Department of Education and Early Childhood Development. She has worked with Travancore School of Mental Health which is a partnership with the Royal Children's Hospital, Orygen Youth Mental Health and is currently consulting with Beyond Blue to develop training around the new resilience resource Sense Ability.



PARENT WORKSHOP – UNDERSTANDING RESILIENCE  
13TH MAY 2024  
\$65.00 Inc. GST

**Clocktower Centre Moonee Ponds Monday 13th May 2024 7pm – 9pm** (registration, tea/coffee & light supper from 6.30pm)

**GO ONLINE TO BOOK:**

<https://www.salutegenics.com.au/product-category/workshops-conferences>

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# Year 6 to 7 Placement Timeline

Date	Activity
by Friday 10 May 2024	<p>Parents and carers submit the <u>Application for Year 7 Placement 2025</u> to their child's primary school.</p> <p><b>Non-government Year 6 students</b> If your child is currently home schooled or attends a non-government primary school that is not managing Year 7 placements, submit the <u>Application for Year 7 Placement 2025</u> to your preferred government secondary school.</p>
Wednesday 17 July 2024	<p>Parents and carers are notified, in writing, by their child's primary school of their Year 7 placement offer for 2025.</p> <p><b>Non-government Year 6 students</b> If your child's primary school is not managing Year 7 placements or your child is home schooled, the allocated secondary school will notify you.</p>
Friday 26 July 2024	<p>Closing date for parents and carers to appeal to their preferred secondary school.</p>
by Tuesday 6 August 2024	<p>Secondary schools notify parents and carers in writing of the outcome of their appeal by this date.</p>
by Wednesday 7 August 2024	<p>Parents and carers return their <u>Year 7 Placement Acceptance Slip</u> to their child's primary school.</p> <p><b>Non-government Year 6 students</b> If your child's primary school is not managing Year 7 placements or your child is home schooled, return the acceptance slip to the secondary school.</p>
Tuesday 20 August 2024	<p>Closing date for parents and carers to appeal with the relevant Regional Director if they have been unsuccessful with their appeal to their preferred secondary school.</p>
Friday 18 October 2024	<p>Regions notify parents and carers of the outcome of their appeal to the Regional Director.</p> <p>Note: this only applies to appeals received by the closing date.</p>
Tuesday 10 December 2024	<p>Secondary schools host an Orientation Day for Year 6 students.</p>